

**[WAABSHKI-MIIGWAN
PHASE 3 WORKBOOK]** 

*I told him that I hoped one day
the Creator would make it known
to him that it would be time to
pass the feather on to another
who needs it more than he does.*

*-Rita Gasco-Shepard
Tribal Elder*

TABLE OF CONTENTS

WEEK 23 – SMART GOAL EXERCISE 4

WEEK 24 - FAMILY TREE EXERCISE12

WEEK 25 - FAMILY TREE PRESENTATION16

WEEK 26 - STEP FOUR, PART ONE..... 20

WEEK 27 - STEP FOUR, PART TWO24

WEEK 28 - STEP FOUR, PART THREE..... 30

WEEK 29 - STEP FOUR, PART FOUR36

WEEK 30 - STEP FIVE.....43

WEEK 31 - STEP SIX..... 48

WEEK 32 - STEP SEVEN..... 59

WEEK 33 – SOBRIETY MAINTENANCE 66

WEEK 34 – MAINTAINING SOBRIETY AND RELAPSE PREVENTION..... 71

WEEK 35 - SUNSET FIRE73

WEEK 36 - SOBRIETY MAINTENANCE PRESENTATION78

Week 23 – SMART Goal Exercise

Week-to-Week Workbook Assignments

- Read Ch. 11, “A Vision for You”,** in the AA Big Book.
- Complete **“Reading Essay”** exercise.
- Complete the **“SMART Goal Setting”** exercise.
- Look ahead to the **“My Family Book”** exercise to prepare for next week.
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.

Reading Essays

How did you relate to the following readings?

1. “A Vision for You” in the AA Big Book.
2. What does it mean to you to “abandon yourself to God as you understand God”?
3. How do you think the man in the hospital was able to stay sober this time?

What new insight did you gain from the following readings?

4. The last four paragraphs of “A Vision for You” in the AA Big Book.

SMART Goal Setting

Let's get busy living life on life's terms. The road to recovery is not only full of obstacles, but also opportunities and challenges. A beautiful part of recovery is accomplishing your life's dreams and fulfilling your purpose. During this exercise you will read how to create SMART Goals and apply them to your vision for the future. Remember, don't sell yourself short. Aim High! After getting clean & sober, many tribal members have gone on to achieve amazing things.

1. Read the following description of SMART Goals.

S = Specific

M = Measurable

A = Attainable

R = Realistic

T = Timely

Specific

Goals should be straightforward and emphasize what you want to happen. Specifics help us to focus our efforts and clearly define what we are going to do.

Specific is the What, Why, and How of the SMART model.

- a) WHAT are you going to do? Use action words such as direct, organize, coordinate, lead, develop, plan, build etc.
- b) WHY is this important to do at this time? What do you want to ultimately accomplish?
- c) HOW are you going to do it? (By...)

Ensure the goals you set are very specific, clear and easy. Instead of setting a goal to lose weight or be healthier, set a specific goal to lose 2cm off your waistline or to walk 5 miles at an aerobically challenging pace.

Measurable

If you can't measure it, you can't manage it. In the broadest sense, the whole goal statement is a measure for the project; if the goal is accomplished, then it is a success. However, there are usually several short-term or small measurements that can be built into the goal.

Choose a goal with measurable progress, so you can see the change occur. How can you tell when you reach your goal? Be specific. "I want to read 3 chapter books of 100 pages on my own before

my birthday” shows the specific target to be measure. “I want to be a good reader” is not as measurable.

Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goals.

Attainable

When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop that attitudes, abilities, skills, and financial capacity to reach them. Your begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

Goals you set which are too far out of your reach, you probably won't commit to doing. Although you may start with the best of intentions, the knowledge that it's too much for you means your subconscious will keep reminding you of this fact and will stop you from even giving it your best.

A goal needs to stretch you slightly so you feel you can do it and it will need a real commitment from you. For instance, if you aim to lose 20lbs in one week, we all know that isn't achievable. But setting a goal to lose 1lb and when you've achieved that, aiming to lose a further 1lb, will keep it achievable for you.

The feeling of success which this brings helps you to remain motivated.

Realistic

This is not a synonym for “easy.” **Realistic, in this case, means “do-able.”** It means that the learning curve is not a vertical slope; that the skills needed to do the work are available; that the project fits with the overall strategy and goals of the organization. A realistic project may push the skills and knowledge of the people working on it but it shouldn't break them.

Devise a plan or a way of getting there which makes the goal realistic. The goal needs to be realistic for you and where you are at the moment. A goal of never again eating sweets, cakes, crisps and chocolate may not be realistic for someone who really enjoys these foods.

For instance, it may be more realistic to set a goal of eating a piece of fruit each day instead of one sweet item. You can then choose to work towards reducing the amount of sweet products gradually as and when this feels realistic for you.

Be sure to set goals that you can attain with some effort! Too difficult and you set the stage for failure, but too low sends the message that you aren't very capable. **Set the bar high enough for a satisfying achievement!**

Timely

Set a timeframe for the goal: for next week, in three months, by fifth grade. Putting an end point on your goal gives you a clear target to work towards.

If you don't set a time, the commitment is too vague. It tends not to happen because you feel you can start at any time. Without a time limit, there's no urgency to start taking action now.

Time must be measurable, attainable and realistic.

2. Below, begin formulating your SMART goals using the outline given. Remember aim high when you set your goals and then break them down into shorter term goals until you can see what you can do TODAY to make your dreams come true.

FINANCIAL - Income, Investments (If you can't dream it, it won't happen)

Five-Year Goals

One-Year Goals

Beginning TODAY!

PHYSICAL - Health, Appearance, Exercise

Five-Year Goals

One-Year Goals

Beginning TODAY!

PERSONAL DEVELOPMENT - Knowledge, Education, Self-Improvement

Five-Year Goals

One-Year Goals

Beginning TODAY!

FAMILY - Relationship to others, Development of children, Where do you want to live?

Five-Year Goals

One-Year Goals

Beginning TODAY!

SPIRITUAL - Traditional/Cultural Development, Church involvement, Personal commitment, Theological understanding

Five-Year Goals

One-Year Goals

Beginning TODAY!

SOCIAL - Increased number of friends, Community involvement, etc.

Five-Year Goals

One-Year Goals

Beginning TODAY!

CAREER - Ambitions, Dreams, Hopes

Five-Year Goals

One-Year Goals

Beginning TODAY!

3. Now, look at each goal and evaluate it. Make any changes necessary to ensure it meets the criteria for a SMART goal.

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 24 – Family Tree Exercise

Week-to-Week Workbook Assignments

- Complete “**My Family Book**” exercise.
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.

My Family Book

This family tree exercise will shed light on your families past and help you discover what positive strengths your family exhibits. When you are finished you will have an orderly account of your family history that you can keep for the rest of your life. The family tree book that is provided is an electronic template that can be easily completed. You just insert your info, pictures, and other documents. Get started as soon as possible as you only have approximately one week to complete this project. The employees in LTBB Archives and Records are ready to assist you with any questions you may have as to the history of your family or tribe. Have fun!

Follow the directions below to complete your family tree.

1. Contact probation officer and request an electronic copy of “My Family Book”.
2. Contact all necessary family and friends in order to get all relevant information needed to complete your project.
3. Fill in all the areas on the family tree template that pertain to you and your family including information and pictures.
4. Try to list at least five positive characteristics of all your family members back to your Great-Grandparents. (all the sections are already created for you to fill in)
5. Be ready to complete your project by presenting your family tree during Week 21 at your WMDCP Hearing.
6. Remember to focus on the positive! This is meant to help you discover your strengths and some possible direction.

This is a brief summary of the contents of your family tree.

About my family

Family Tree, Family Story, Father’s Story, Mother’s Story, My Parents Relationship, My Brothers and Sisters, Medical History, Family Traditions, Military Service, Heirlooms

Special events: the complete story

Family Gatherings and Reunions, Vacations, Weddings, Religious Events

Photographs

Photos of Myself, Photos of My Family, Photos of Ancestors, Other Photos

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 25 - Family Tree Presentation

Week-to-Week Workbook Assignments

- Complete “**Step Four Circle**” exercise.
- Complete your “**Family Tree Presentation**”
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.



STEP FOUR
Facing the South
"FINDING YOURSELF"
(Resentment inventory)

We stopped and thought about our strengths and our weaknesses and thought about ourselves.

Principle: Courage

Reading

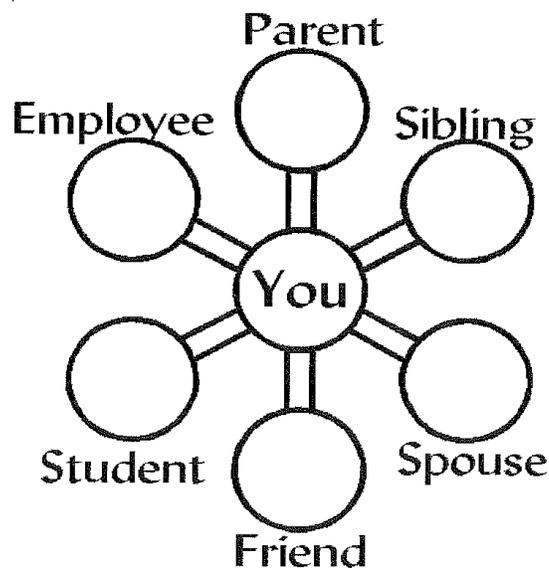
Big Book: pps: 63 to 71

RRWB: Chapter 7, pps. 68-81; Stories, pps. 181-192

In the circles below, rate yourself, from 1 to 10 according to how you see your own strength in each of the six areas. In the center circle, rate yourself.

1 5 10

 needs improving average no improvement needed



Family Tree Presentation

Complete the following

1. Make sure your assigned family tree template is complete with all areas filled in.
2. Go over your Family Tree with your counselor.
3. Prepare to make a brief presentation of your Family Tree at your next WMDCP hearing!

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 26 - Step Four, Part One

Week-to-Week Workbook Assignments

- Read **pgs. 63-70 in the AA Big Book**
- Read **pgs. 68-81 in RRWB**
- Watch **“Taking Inventory – People, Places and Institutions, Fear Inventory, Sex Inventory and Step 5”** on **Wellbriety DVD#5** and answer questions on **“Red Road to Wellbriety”** section.
- Complete **“Reading Essays”** exercise.
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 27 - Step Four, Part Two

Week-to-Week Workbook Assignments

- Read **pgs. 63-65 in the AA Big Book.**
- Go over **Fourth Step Inventory: Resentments** with Sponsor.
- Complete **Fourth Step Inventory: Resentments** exercise.
- Complete **Weekly Counseling Journal**
- Complete **Weekly Sit Spot Journal**

FOURTH STEP INVENTORY

Introduction to the 4th Step Inventory Workshop

WHAT IS THE PURPOSE OF THE 12 STEPS?

1. To help us discover and establish a conscious relationship with a Power greater than ourselves.
2. To help us improve our conscious relationship with a Power greater than ourselves.
3. To produce the personality change necessary for our recovery.
4. To provide a design for living - that can help us be happy, comfortable, and at ease, living an enjoyable life of purpose, with peace and harmony with ourselves, with others, and with God *as we understand Him*, growing in understanding and effectiveness, serving and helping others - without the use of alcohol or other drugs.

The precise instructions for taking the 12 Steps is contained in the book, *Alcoholics Anonymous*.

"To show other alcoholics precisely how we have recovered is the main purpose of this book."

-- From the Forward to the First Edition of the book, Alcoholics Anonymous

There is much more to life than being physically sober. There is much more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can learn to be happy and sober. To be happy and sober requires emotional sobriety. The Fourth Step is our first action step towards physical and emotional sobriety.

We are in a process to recreate our lives. We made a decision to give up *our old plans for living* and to try A.A.'s 12 Step Plan for Living. The Fourth Step is our first action step. It is here that we know whether or not we really took Steps 1, 2 and 3.

Step Four is a fact-finding and fact-facing process. We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns - that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact. This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. And, by taking inventory and learning the exact nature of our wrongs - we will be able to recognize when we might be slipping into our old way of life - and headed for new problems, and possibly relapse.

If you doubt that you have any problems -- just think back to the last time that you felt restless, irritable and discontented. Remember when you got angry - with your self or with another person. Remember the last time you were disturbed. Remember the last time you had a problem or troubles. The last time you felt uncomfortable and not at ease in a situation. What was it? Whom was it with? What happened?

Everything contained in the Fourth Step Inventory Worksheets is directly from the book - *Alcoholics Anonymous*. The worksheets were created by using the precise instructions in the Big Book to make taking the Fourth Step as easy and simple as possible. All page numbers in this Fourth Step Inventory Workshop, refer to the third edition of the book - *Alcoholics Anonymous*. If you are using the fourth edition -- make sure you are on the correct page.

Quotes from the Big Book Alcoholics Anonymous © Alcoholics Anonymous, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

FOURTH STEP INVENTORY INSTRUCTIONS

Note: I suggest that you take this step with a qualified sponsor. A qualified sponsor – is someone who has taken ALL 12 Steps precisely following the directions as they are defined and described in the Big Book – Alcoholics Anonymous. IT IS NOT ADVISABLE TO DO THIS STEP ALONE. Be sure your Sponsor is present and leading you through this Step as you take it. (That's one of the reasons that we have sponsors! And, it is your sponsors job to lead you through this Step)

1. Be sure that you have taken Steps One, Two and Three.
3. If you are using the forms that I provided to you, or if you're not using the forms, remember: The columns go from TOP to BOTTOM. Not straight across. Example: Column 1, (left column) list all the names, people, principles, things, etcetera, that go in this first column, top to bottom. DO NOT move to the second column until column 1 is complete. Then, when you do column 2, go top to bottom, not straight across, until you have completed column 2. Do the same with each successive column. Top to Bottom. Not straight across
4. Read page 58 through 63 of the Big Book (up to the last paragraph). Note each place you see the word "self" and "selves" and the compounds of those words. (Example "self-seeking, self-reliance" etcetera).
5. There are four parts to your Inventory. They are to be taken in the precise order as numbered below:

1. Resentments	2. Fears	3. Sex Conduct	4. Harms To Others
----------------	----------	----------------	--------------------
6. Now, read page 63 (starting with the last paragraph) - through page 71 of the Big Book.
7. Complete the four different Inventory sheets that have been provided to you. Follow the instructions on each of the sheets. Use additional copies of the sheets when necessary. DO NOT complete the columns left to right -- they should be completed from TOP to BOTTOM in each column, before going to the next column.
8. Refer to the "Prompt Sheets" to jog your memory -- if you get stuck.
9. Ask questions if you are unsure of anything! Prepare for a long talk with your sponsor.
10. In this Fourth Step Inventory we are searching for our grosser handicaps. Personal inventories will become part of a life-long process. Later, in our Tenth Step Inventories, our objectives are not only to keep our "house clean and in order" -- correcting mistakes and errors when they occur -- but also to grow in understanding and effectiveness. At that point many of us find it interesting to discover in greater depth a knowledge and understanding of ourselves, our instincts, impulses and drives. In our Daily 10th & 11th Steps, we will begin to look at the "Assets and Liabilities" in our lives which will provide a simple "Design for Living" that we'll use to "Recreate our lives."

Naturally, there will come to mind additional things that you will feel that you should have included in your Fourth Step, that were left out. Don't worry about it. If you take these Steps as they have been laid out, and you have been thorough to the best of your ability at the time that you took them -- you will have plenty of time later on to revisit the Fourth Step, using the 10th Step Inventories. And, you'll be able to do it SOBER!!!

You are learning to use our "Spiritual Tools" for the first time. You will use them daily (hopefully) for the rest of your life..... as you trudge the road of happy destiny, with a new peace, serenity, attitude, and new outlook on life!

Quotes from the Big Book Alcoholics Anonymous © Alcoholics Anonymous, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

4th Step Notes, Definitions and Instructions -- continued.

Self Esteem - How I think of myself

Pride - How I think others view me

Pocketbook - Basic desire for money, property, possessions, etc.

Personal Relations - Our relations with other people.

Emotional Security - General sense of emotional well being

Sex Relations - Basic drive for sexual intimacy

Selfish, self-centered, egotistical - "It's about me!"

Ambitions - Our goals, plans and designs for the future. Ambition deals with the things that *we want*. In examining our ambitions we notice that we have the following types:

Emotional ambitions. Our ambitions for Emotional Security. Our "feelings".

Material ambitions - Our ambitions for "Our pocketbook." Our ambitions towards physical and financial well-being.

Social ambitions - Our "place or position in the herd." Our ambitions of how others view us. Our ambitions towards what people think about us.

Sexual ambitions - Refers to ambitions for sex relations. Does this really need a definition?

Quotes from the Big Book Alcoholics Anonymous © Alcoholics Anonymous, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

FOURTH STEP INVENTORY: RESENTMENTS © 1987 - 2005 www.Step12.com, from 4th Step Workshop with Dallas B. Last updated 7/06/05
 Read from bottom of page 63 through 65 of the Big Book before beginning.

1. Column 1: Page 64: "In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry." (Completes column 1 from top to bottom. Do nothing with column 2,3,4 until column 1 has been completed.
2. Column 2: Page 64: "We asked ourselves why we were angry." (Complete column 2 from top to bottom. Do nothing with column 3 & 4 until column 2 has been completed.
3. Column 3: Page 65: "On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, our personal, or sex relations, which had been interfered with?" (Complete each column within column 3 from top to bottom. Starting with Self-Esteem and finishing with Sex Relations. Do nothing with column 4 until column 3 has been completed).
4. Column 4: Page 67: "Referring to our list again. Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's."

I'm resentful at:	The Cause Why am I angry?	What part of self was hurt or threatened?							Where was I to blame?					
		Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Self-seeking	Frightened	Inconsiderate	The exact nature of my wrong. Be specific.
List the names of people Institutions or principles with whom we were angry.														

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 28 - Step Four, Part Three

Week-to-Week Workbook Assignments

- Read **pgs. 67-68 in the AA Big Book.**
- Go over **Fourth Step Inventory: Fears** with Sponsor.
- Complete **Fourth Step Inventory: Fears** exercise.
- Complete **Weekly Counseling Journal**
- Complete **Weekly Sit Spot Journal**

FOURTH STEP INVENTORY

Introduction to the 4th Step Inventory Workshop

WHAT IS THE PURPOSE OF THE 12 STEPS?

1. To help us discover and establish a conscious relationship with a Power greater than ourselves.
2. To help us improve our conscious relationship with a Power greater than ourselves.
3. To produce the personality change necessary for our recovery.
4. To provide a design for living - that can help us be happy, comfortable, and at ease, living an enjoyable life of purpose, with peace and harmony with ourselves, with others, and with God *as we understand Him*, growing in understanding and effectiveness, serving and helping others - without the use of alcohol or other drugs.

The precise instructions for taking the 12 Steps is contained in the book, *Alcoholics Anonymous*.

"To show other alcoholics precisely how we have recovered is the main purpose of this book."

-- From the Forward to the First Edition of the book, Alcoholics Anonymous

There is much more to life than being physically sober. There is much more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can learn to be happy and sober. To be happy and sober requires emotional sobriety. The Fourth Step is our first action step towards physical and emotional sobriety.

We are in a process to recreate our lives. We made a decision to give up *our old plans for living* and to try A.A.'s 12 Step Plan for Living. The Fourth Step is our first action step. It is here that we know whether or not we really took Steps 1, 2 and 3.

Step Four is a fact-finding and fact-facing process. We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns - that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact. This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. And, by taking inventory and learning the exact nature of our wrongs - we will be able to recognize when we might be slipping into our old way of life - and headed for new problems, and possibly relapse.

If you doubt that you have any problems -- just think back to the last time that you felt restless, irritable and discontented. Remember when you got angry - with your self or with another person. Remember the last time you were disturbed. Remember the last time you had a problem or troubles. The last time you felt uncomfortable and not at ease in a situation. What was it? Whom was it with? What happened?

Everything contained in the Fourth Step Inventory Worksheets is directly from the book - *Alcoholics Anonymous*. The worksheets were created by using the precise instructions in the Big Book to make taking the Fourth Step as easy and simple as possible. All page numbers in this Fourth Step Inventory Workshop, refer to the third edition of the book - *Alcoholics Anonymous*. If you are using the fourth edition -- make sure you are on the correct page.

Quotes from the Big Book *Alcoholics Anonymous* © *Alcoholics Anonymous*, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

FOURTH STEP INVENTORY INSTRUCTIONS

Note: I suggest that you take this step with a qualified sponsor. A qualified sponsor – is someone who has taken ALL 12 Steps precisely following the directions as they are defined and described in the Big Book – Alcoholics Anonymous. IT IS NOT ADVISABLE TO DO THIS STEP ALONE. Be sure your Sponsor is present and leading you through this Step as you take it. (That's one of the reasons that we have sponsors! And, it is your sponsors job to lead you through this Step)

1. Be sure that you have taken Steps One, Two and Three.
3. If you are using the forms that I provided to you, or if you're not using the forms, remember: The columns go from TOP to BOTTOM. Not straight across. Example: Column 1, (left column) list all the names, people, principles, things, etcetera, that go in this first column, top to bottom. DO NOT move to the second column until column 1 is complete. Then, when you do column 2, go top to bottom, not straight across, until you have completed column 2. Do the same with each successive column. Top to Bottom. Not straight across
4. Read page 58 through 63 of the Big Book (up to the last paragraph). Note each place you see the word "self" and "selves" and the compounds of those words. (Example "self-seeking, self-reliance" etcetera).
5. There are four parts to your Inventory. They are to be taken in the precise order as numbered below:

1. Resentments	2. Fears	3. Sex Conduct	4. Harms To Others
----------------	----------	----------------	--------------------
6. Now, read page 63 (starting with the last paragraph) - through page 71 of the Big Book.
7. Complete the four different Inventory sheets that have been provided to you. Follow the instructions on each of the sheets. Use additional copies of the sheets when necessary. DO NOT complete the columns left to right -- they should be completed from TOP to BOTTOM in each column, before going to the next column.
8. Refer to the "Prompt Sheets" to jog your memory -- if you get stuck.
9. Ask questions if you are unsure of anything! Prepare for a long talk with your sponsor.
10. In this Fourth Step Inventory we are searching for our grosser handicaps. Personal inventories will become part of a life-long process. Later, in our Tenth Step Inventories, our objectives are not only to keep our "house clean and in order" -- correcting mistakes and errors when they occur -- but also to grow in understanding and effectiveness. At that point many of us find it interesting to discover in greater depth a knowledge and understanding of ourselves, our instincts, impulses and drives. In our Daily 10th & 11th Steps, we will begin to look at the "Assets and Liabilities" in our lives which will provide a simple "Design for Living" that we'll use to "Recreate our lives."

Naturally, there will come to mind additional things that you will feel that you should have included in your Fourth Step, that were left out. Don't worry about it. If you take these Steps as they have been laid out, and you have been thorough to the best of your ability at the time that you took them -- you will have plenty of time later on to revisit the Fourth Step, using the 10th Step Inventories. And, you'll be able to do it SOBER!!!

You are learning to use our "Spiritual Tools" for the first time. You will use them daily (hopefully) for the rest of your life..... as you trudge the road of happy destiny, with a new peace, serenity, attitude, and new outlook on life!

Quotes from the Big Book Alcoholics Anonymous © Alcoholics Anonymous, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

4th Step Notes, Definitions and Instructions -- continued.

Self Esteem - How I think of myself

Pride - How I think others view me

Pocketbook - Basic desire for money, property, possessions, etc.

Personal Relations - Our relations with other people.

Emotional Security - General sense of emotional well being

Sex Relations - Basic drive for sexual intimacy

Selfish, self-centered, egotistical - "It's about me!"

Ambitions - Our goals, plans and designs for the future. Ambition deals with the things that *we want*. In examining our ambitions we notice that we have the following types:

Emotional ambitions. Our ambitions for Emotional Security. Our "feelings".

Material ambitions - Our ambitions for "Our pocketbook." Our ambitions towards physical and financial well-being.

Social ambitions - Our "place or position in the herd." Our ambitions of how others view us. Our ambitions towards what people think about us.

Sexual ambitions - Refers to ambitions for sex relations. Does this really need a definition?

Quotes from the Big Book Alcoholics Anonymous © Alcoholics Anonymous, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

FOURTH STEP INVENTORY: FEARS Copies available at www.Step12.com or from Dallas B. (479) 522-4391 © 1987 - 2005 Step12.com - Updated: 7/05/05
 Read from bottom of page 67 through 68 of the Big Book before beginning.

1. Column 1: Page 68: "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, until column 1 has been completed.)
2. Column 2: Page 68: "We asked ourselves why we had them." (Complete column 2 from top to bottom. Do nothing with column 3, 4, & 5, until column 2 has been completed.)
3. Column 3: Page 68: "Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse." (Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed.)
4. Column 4: What part of self does the fear affect? (Complete each column within column 4.)
5. Column 5: Page 68: "We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."

What Am I Afraid Of?	Why do I have the fear?	Which Part of Self Have I Been Relying On Which Has Failed me?	What Part of Self Does The Fear Affect?	We ask for the fear to be removed
List the names of people Institutions, principles or anything else that you fear.	Why am I afraid?	Self-reliance Self-confidence Self-discipline Self-will	Self Esteem Pride Emotional Security Pocketbook Ambitions Personal Relations Sex Relations	"Perhaps there is a better way- we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity. We never apologize to anyone for depending upon our Creator. We can laugh at those who think spirituality the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear." Fear Prayer: "God, please remove my fear of _____ and direct my attention towards what you would have me to be."

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 29 - Step Four, Part Four

Week-to-Week Workbook Assignments

- Read **pgs. 70 & 72-75 in the AA Big Book.**
- Read **pgs. 45-60 in RRWB.**
- Go over **Fourth Step Inventory: People We Have Harmed** with Sponsor.
- Complete **Fourth Step Inventory: People We Have Harmed** exercise.
- Complete **Weekly Counseling Journal**
- Complete **Weekly Sit Spot Journal**

FOURTH STEP INVENTORY

Introduction to the 4th Step Inventory Workshop

WHAT IS THE PURPOSE OF THE 12 STEPS?

1. To help us discover and establish a conscious relationship with a Power greater than ourselves.
2. To help us improve our conscious relationship with a Power greater than ourselves.
3. To produce the personality change necessary for our recovery.
4. To provide a design for living - that can help us be happy, comfortable, and at ease, living an enjoyable life of purpose, with peace and harmony with ourselves, with others, and with God *as we understand Him*, growing in understanding and effectiveness, serving and helping others - without the use of alcohol or other drugs.

The precise instructions for taking the 12 Steps is contained in the book, *Alcoholics Anonymous*.

"To show other alcoholics precisely how we have recovered is the main purpose of this book."

-- From the Forward to the First Edition of the book, Alcoholics Anonymous

There is much more to life than being physically sober. There is much more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can learn to be happy and sober. To be happy and sober requires emotional sobriety. The Fourth Step is our first action step towards physical and emotional sobriety.

We are in a process to recreate our lives. We made a decision to give up *our old plans for living* and to try A.A.'s 12 Step Plan for Living. The Fourth Step is our first action step. It is here that we know whether or not we really took Steps 1, 2 and 3.

Step Four is a fact-finding and fact-facing process. We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns - that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact. This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. And, by taking inventory and learning the exact nature of our wrongs - we will be able to recognize when we might be slipping into our old way of life - and headed for new problems, and possibly relapse.

If you doubt that you have any problems -- just think back to the last time that you felt restless, irritable and discontented. Remember when you got angry - with your self or with another person. Remember the last time you were disturbed. Remember the last time you had a problem or troubles. The last time you felt uncomfortable and not at ease in a situation. What was it? Whom was it with? What happened?

Everything contained in the Fourth Step Inventory Worksheets is directly from the book - *Alcoholics Anonymous*. The worksheets were created by using the precise instructions in the Big Book to make taking the Fourth Step as easy and simple as possible. All page numbers in this Fourth Step Inventory Workshop, refer to the third edition of the book - *Alcoholics Anonymous*. If you are using the fourth edition -- make sure you are on the correct page.

Quotes from the Big Book *Alcoholics Anonymous* © *Alcoholics Anonymous*, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

FOURTH STEP INVENTORY INSTRUCTIONS

Note: I suggest that you take this step with a qualified sponsor. A qualified sponsor – is someone who has taken ALL 12 Steps precisely following the directions as they are defined and described in the Big Book – Alcoholics Anonymous. IT IS NOT ADVISABLE TO DO THIS STEP ALONE. Be sure your Sponsor is present and leading you through this Step as you take it. (That's one of the reasons that we have sponsors! And, it is your sponsors job to lead you through this Step)

1. Be sure that you have taken Steps One, Two and Three.
3. If you are using the forms that I provided to you, or if you're not using the forms, remember: The columns go from TOP to BOTTOM. Not straight across. Example: Column 1, (left column) list all the names, people, principles, things, etcetera, that go in this first column, top to bottom. DO NOT move to the second column until column 1 is complete. Then, when you do column 2, go top to bottom, not straight across, until you have completed column 2. Do the same with each successive column. Top to Bottom. Not straight across
4. Read page 58 through 63 of the Big Book (up to the last paragraph). Note each place you see the word "self" and "selves" and the compounds of those words. (Example "self-seeking, self-reliance" etcetera).
5. There are four parts to your Inventory. They are to be taken in the precise order as numbered below:

1. Resentments	2. Fears	3. Sex Conduct	4. Harms To Others
----------------	----------	----------------	--------------------
6. Now, read page 63 (starting with the last paragraph) - through page 71 of the Big Book.
7. Complete the four different Inventory sheets that have been provided to you. Follow the instructions on each of the sheets. Use additional copies of the sheets when necessary. DO NOT complete the columns left to right -- they should be completed from TOP to BOTTOM in each column, before going to the next column.
8. Refer to the "Prompt Sheets" to jog your memory -- if you get stuck.
9. Ask questions if you are unsure of anything! Prepare for a long talk with your sponsor.
10. In this Fourth Step Inventory we are searching for our grosser handicaps. Personal inventories will become part of a life-long process. Later, in our Tenth Step Inventories, our objectives are not only to keep our "house clean and in order" -- correcting mistakes and errors when they occur -- but also to grow in understanding and effectiveness. At that point many of us find it interesting to discover in greater depth a knowledge and understanding of ourselves, our instincts, impulses and drives. In our Daily 10th & 11th Steps, we will begin to look at the "Assets and Liabilities" in our lives which will provide a simple "Design for Living" that we'll use to "Recreate our lives."

Naturally, there will come to mind additional things that you will feel that you should have included in your Fourth Step, that were left out. Don't worry about it. If you take these Steps as they have been layed out, and you have been thorough to the best of your ability at the time that you took them -- you will have plenty of time later on to revisit the Fourth Step, using the 10th Step Inventories. And, you'll be able to do it SOBER!!!

You are learning to use our "Spiritual Tools" for the first time. You will use them daily (hopefully) for the rest of your life..... as you trudge the road of happy destiny, with a new peace, serenity, attitude, and new outlook on life!

Quotes from the Big Book Alcoholics Anonymous © Alcoholics Anonymous, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

4th Step Notes, Definitions and Instructions -- continued.

Self Esteem - How I think of myself

Pride - How I think others view me

Pocketbook - Basic desire for money, property, possessions, etc.

Personal Relations - Our relations with other people.

Emotional Security - General sense of emotional well being

Sex Relations - Basic drive for sexual intimacy

Selfish, self-centered, egotistical - "It's about me!"

Ambitions - Our goals, plans and designs for the future. Ambition deals with the things that *we want*. In examining our ambitions we notice that we have the following types:

Emotional ambitions. Our ambitions for Emotional Security. Our "feelings".

Material ambitions - Our ambitions for "Our pocketbook." Our ambitions towards physical and financial well-being.

Social ambitions - Our "place or position in the herd." Our ambitions of how others view us. Our ambitions towards what people think about us.

Sexual ambitions - Refers to ambitions for sex relations. Does this really need a definition?

Quotes from the Big Book Alcoholics Anonymous © Alcoholics Anonymous, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

FOURTH STEP INVENTORY: PEOPLE WE HAVE HARMED © 1987 - 2005 www.Step12.com - From: 4th Step Workshop with Dallas B. Last update: 7/06/05
BE SURE TO do this page just like the other inventory pages. One column at a time, top to bottom -- NOT straight across

Big Book, page 70, paragraph 3 "We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can."

Note 1: -- On those pages 58-63, you'll find examples of attitudes and defects that cause us to fail in our relationships and often fuel self-seeking conduct that harms others.

Note 2: "Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They look inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egotism and fear; they only thought they had humbled themselves.

... Coming to his senses, he is revivited at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As fast as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension-that makes for more drinking." Page 73 -- Alcoholics Anonymous

Who Did I Harm?	What did I do - or fail to do?	Which part of self caused the harm?	What is the nature of my wrongs, faults, mistakes, defects?	What should I have done instead?
Who was harmed by my conduct?	What did I do - or, failed to do that caused the harm?	Self-will Self Esteem - Ego Emotional Security Pocketbook - Material Security Pride - Defiance - Independence Self-pity Self-reliance Personal Relationships Social Ambitions Sexual Ambitions Financial Ambitions	Selfish Self-seeking Dishonest Inconsiderate Frightend / Fear Lack of Self-discipline / Self-control Playing God - Trying to control others. Self-centered-ego-centric	

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 30 - Step Five

Week-to-Week Workbook Assignments

- Read **pgs. 72-76 in the AA Big Book.**
- Go over **Fourth Step Inventory: Sex Conduct** with Sponsor.
- Complete **Fourth Step Inventory: Sex Conduct** exercise.
- Do **Step Five with Sponsor.**
- Complete **Step Five Journal** exercise.
- Complete **Weekly Sit Spot Journal**

FOURTH STEP INVENTORY

Introduction to the 4th Step Inventory Workshop

WHAT IS THE PURPOSE OF THE 12 STEPS?

1. To help us discover and establish a conscious relationship with a Power greater than ourselves.
2. To help us improve our conscious relationship with a Power greater than ourselves.
3. To produce the personality change necessary for our recovery.
4. To provide a design for living - that can help us be happy, comfortable, and at ease, living an enjoyable life of purpose, with peace and harmony with ourselves, with others, and with God *as we understand Him*, growing in understanding and effectiveness, serving and helping others - without the use of alcohol or other drugs.

The precise instructions for taking the 12 Steps is contained in the book, *Alcoholics Anonymous*.

"To show other alcoholics precisely how we have recovered is the main purpose of this book."

-- From the Forward to the First Edition of the book, Alcoholics Anonymous

There is much more to life than being physically sober. There is much more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can learn to be happy and sober. To be happy and sober requires emotional sobriety. The Fourth Step is our first action step towards physical and emotional sobriety.

We are in a process to recreate our lives. We made a decision to give up *our old plans for living* and to try A.A.'s 12 Step Plan for Living. The Fourth Step is our first action step. It is here that we know whether or not we really took Steps 1, 2 and 3.

Step Four is a fact-finding and fact-facing process. We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns - that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact. This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. And, by taking inventory and learning the exact nature of our wrongs - we will be able to recognize when we might be slipping into our old way of life - and headed for new problems, and possibly relapse.

If you doubt that you have any problems -- just think back to the last time that you felt restless, irritable and discontented. Remember when you got angry - with your self or with another person. Remember the last time you were disturbed. Remember the last time you had a problem or troubles. The last time you felt uncomfortable and not at ease in a situation. What was it? Whom was it with? What happened?

Everything contained in the Fourth Step Inventory Worksheets is directly from the book - *Alcoholics Anonymous*. The worksheets were created by using the precise instructions in the Big Book to make taking the Fourth Step as easy and simple as possible. All page numbers in this Fourth Step Inventory Workshop, refer to the third edition of the book - *Alcoholics Anonymous*. If you are using the fourth edition -- make sure you are on the correct page.

Quotes from the Big Book Alcoholics Anonymous © Alcoholics Anonymous, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

FOURTH STEP INVENTORY INSTRUCTIONS

Note: I suggest that you take this step with a qualified sponsor. A qualified sponsor – is someone who has taken ALL 12 Steps precisely following the directions as they are defined and described in the Big Book – Alcoholics Anonymous. IT IS NOT ADVISABLE TO DO THIS STEP ALONE. Be sure your Sponsor is present and leading you through this Step as you take it. (That's one of the reasons that we have sponsors! And, it is your sponsors job to lead you through this Step)

1. Be sure that you have taken Steps One, Two and Three.
3. If you are using the forms that I provided to you, or if you're not using the forms, remember: The columns go from TOP to BOTTOM. Not straight across. Example: Column 1, (left column) list all the names, people, principles, things, etcetera, that go in this first column, top to bottom. DO NOT move to the second column until column 1 is complete. Then, when you do column 2, go top to bottom, not straight across, until you have completed column 2. Do the same with each successive column. Top to Bottom. Not straight across
4. Read page 58 through 63 of the Big Book (up to the last paragraph). Note each place you see the word "self" and "selves" and the compounds of those words. (Example "self-seeking, self-reliance" etcetera).
5. There are four parts to your Inventory. They are to be taken in the precise order as numbered below:

1. Resentments	2. Fears	3. Sex Conduct	4. Harms To Others
----------------	----------	----------------	--------------------
6. Now, read page 63 (starting with the last paragraph) - through page 71 of the Big Book.
7. Complete the four different Inventory sheets that have been provided to you. Follow the instructions on each of the sheets. Use additional copies of the sheets when necessary. DO NOT complete the columns left to right -- they should be completed from TOP to BOTTOM in each column, before going to the next column.
8. Refer to the "Prompt Sheets" to jog your memory -- if you get stuck.
9. Ask questions if you are unsure of anything! Prepare for a long talk with your sponsor.
10. In this Fourth Step Inventory we are searching for our grosser handicaps. Personal inventories will become part of a life-long process. Later, in our Tenth Step Inventories, our objectives are not only to keep our "house clean and in order" -- correcting mistakes and errors when they occur -- but also to grow in understanding and effectiveness. At that point many of us find it interesting to discover in greater depth a knowledge and understanding of ourselves, our instincts, impulses and drives. In our Daily 10th & 11th Steps, we will begin to look at the "Assets and Liabilities" in our lives which will provide a simple "Design for Living" that we'll use to "Recreate our lives."

Naturally, there will come to mind additional things that you will feel that you should have included in your Fourth Step, that were left out. Don't worry about it. If you take these Steps as they have been laid out, and you have been thorough to the best of your ability at the time that you took them -- you will have plenty of time later on to revisit the Fourth Step, using the 10th Step Inventories. And, you'll be able to do it SOBER!!!

You are learning to use our "Spiritual Tools" for the first time. You will use them daily (hopefully) for the rest of your life..... as you trudge the road of happy destiny, with a new peace, serenity, attitude, and new outlook on life!

Quotes from the Big Book Alcoholics Anonymous © Alcoholics Anonymous, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

4th Step Notes, Definitions and Instructions -- continued.

Self Esteem - How I think of myself

Pride - How I think others view me

Pocketbook - Basic desire for money, property, possessions, etc.

Personal Relations - Our relations with other people.

Emotional Security - General sense of emotional well being

Sex Relations - Basic drive for sexual intimacy

Selfish, self-centered, egotistical - "It's about me!"

Ambitions - Our goals, plans and designs for the future. Ambition deals with the things that *we want*. In examining our ambitions we notice that we have the following types:

Emotional ambitions. Our ambitions for Emotional Security. Our "feelings".

Material ambitions - Our ambitions for "Our pocketbook." Our ambitions towards physical and financial well-being.

Social ambitions - Our "place or position in the herd." Our ambitions of how others view us. Our ambitions towards what people think about us.

Sexual ambitions - Refers to ambitions for sex relations. Does this really need a definition?

Quotes from the Big Book Alcoholics Anonymous © Alcoholics Anonymous, Everything else: From the 4th Step Workshop with Dallas B. Step12.com - © 2007 - Available at www.Step12.com -- or from Dallas B. (479) 522-4391

FOURTH STEP INVENTORY: SEX CONDUCT

© 1987-2005 www.Step12.com from 4th Step Workshop with Dallas B. Last update: 07-05-05

- Read from bottom of page 68 through 70 of the Big Book before beginning.

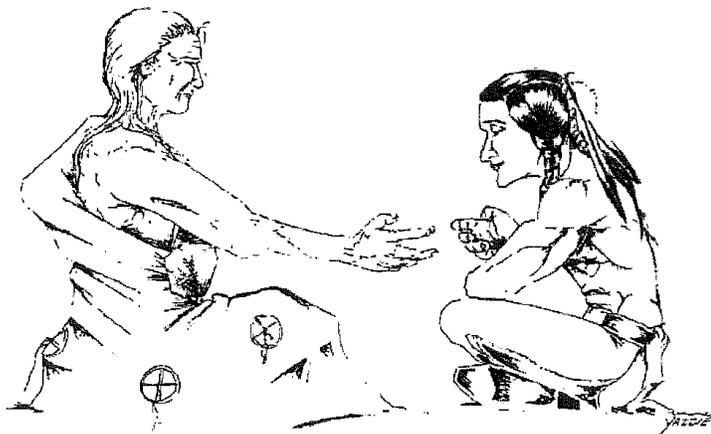
1. Column 1: "We reviewed our own conduct over the years past." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, 6, until column 1 has been completed.)
2. Column 2: "We did we do?" (Complete column 2 from top to bottom. Do nothing with column 3, 4, 5, 6, until column 2 has been completed.)
3. Column 3: "We list the exact nature of our shortcomings." (Complete column 3 from top to bottom. Do nothing with column 4, 5, 6, until column 3 has been completed.)
4. Column 4: Did we unjustifiably arouse jealousy, suspicion or bitterness? (Complete column 4 from top to bottom. Do nothing with column 5, 6, until column 4 has been completed.)
5. Column 5: "Who did I harm?" (Complete column 5 from top to bottom. Do nothing with column 6, until column 5 has been completed.)
6. Column 6: "What should I have done instead?" (Complete column 6 from top to bottom).

Who Was it?	What did we do?	What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings.	Did I unjustifiably arouse:				Who Did I Harm?	What should I have done instead?	
			Was I Selfish?	Was I Dishonest?	Was I Inconsiderate?	Was I Self-seeking?	Was this relationship selfish?		
						Jealousy?			
						Bitterness?			
						Suspicion?			
We list the people with whom we have experienced sexual conduct.	We ask ourselves what we did		Was I Selfish?	Was I Dishonest?	Was I Inconsiderate?	Was I Self-seeking?	Was this relationship selfish?	Who was harmed?	"We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed." Page 69 "To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing." Page 70



STEP FIVE

We admitted to the Great Spirit, to ourselves and to another person the things we thought were wrong about ourselves



Take Step Five with Sponsor

It is difficult to discuss our secrets and defects of character with another person. You may think that you've done enough by admitting things to yourself. That is not the case and many of us have decided to go much further. It is very uncommon for a person to be able to give an accurate self-appraisal without the help of another person. In fact, if you do skip this vital step there is a good chance you will not recover from your addictions. Many newcomers have tried to recover without revealing certain facts about their life. By trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they end up back in the depths of their addiction. Having done everything else that the Program called for they wonder why they fell. We believe the reason is they never completed their housecleaning. They may have completed an inventory but they kept secret some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. No doubt, the ones who tried this easier and softer way didn't learn enough about humility, fearlessness and honesty. Not until we completely surrender to the idea of telling our entire life story will we be completely free from the bondage of our regrets. We are only as sick as our secrets.

Take time to reflect on this opportunity for healing and growth. This is a very difficult step but you have people all around you that support you in your step work. Take a chance and trust your sponsor. Take step five and be free to move forward with your recovery. Be courageous by sharing everything! You won't regret it.

Step Five Journal

Date:

What did you learn about yourself during Step Five with your Sponsor?

Do you feel free of some of the things you held on to for so long?

In what areas do you feel you have grown as a result of Step Five? Explain.

What will you always remember about your Step Five?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 31 - Step Six

Week-to-Week Workbook Assignments

- Read **pgs. 75 & 76 in the AA Big Book.**
- Read **Ch. 6 in RRWB.**
- Watch **“Step 6&7” on Wellbriety DVD #5** and answer questions on **“Red Road to Wellbriety”** section.
- Complete **“Step Six”** exercise.
- Complete **Weekly Counseling Journal**
- Complete **Weekly Sit Spot Journal**



STEP SIX

We are ready, with the help of the Great Spirit to change.





STEP SIX
Facing the South
"FINDING YOURSELF"

We are ready, with the help of the Great Spirit, to change.

Principle: Willingness

Readings:

Big Book: pps. 75 to 76

RRWB: Chapter 6, pps. 61-67; Stories, pps 210-219

Consolidate your defects from Steps Four and Five and list below.

 Character Defects (from Step 4 and Step 5)	

Notes:

STEP SIX
Facing the South
“FINDING YOURSELF”
(Self Talk Cycle)

The self-talk cycle is the constant conversation we have with ourselves about what is happening to us and around us. However, we don't store and record the "truth" we store and record the "truth" as we see it, So if we decide to change or grow, this self-image becomes our major barrier to change.

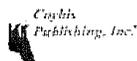
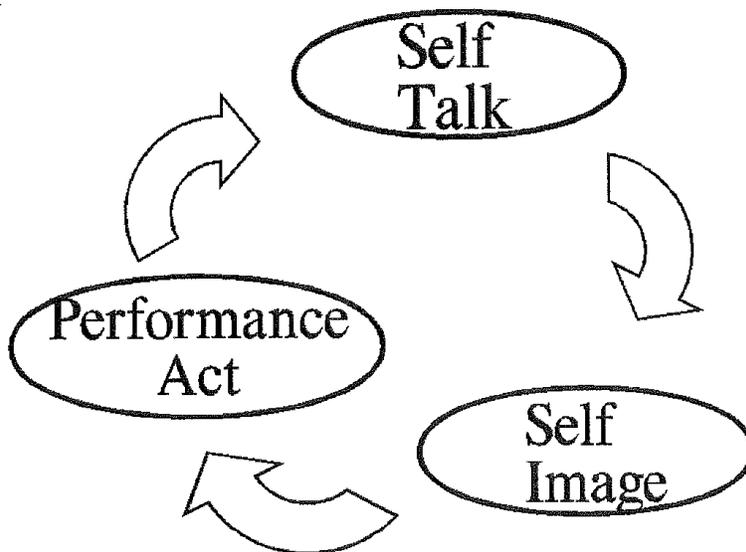
Then when we make mistakes, as we all do, we don't stop there. We continue to beat ourselves with our self-talk about the mistake, which makes that cycle even stronger next time.

Three basic principles that apply to our self-talk cycle:

As I think, I am

We move toward and become like that which we think about

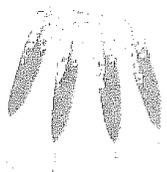
My present thoughts determine my future



(c) 2010 Coyhis Publishing, Inc. 1-866-518-5275 www.coyhispublishing.com



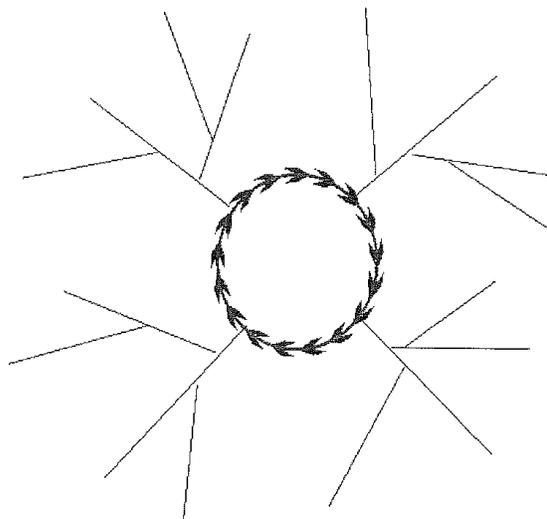
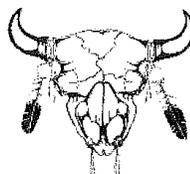
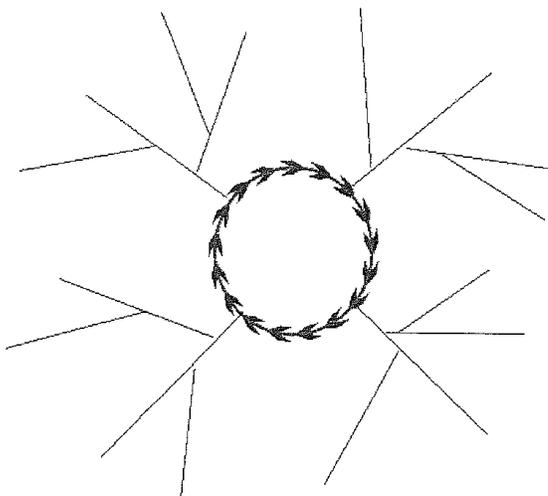
65



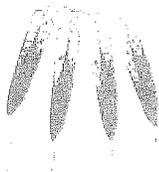
STEP SIX
Facing the South
"Finding Yourself"
(Mind mapping)

Vision for character defects

For each major defect map out a description of what life would look like if you did not have the problem.

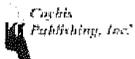
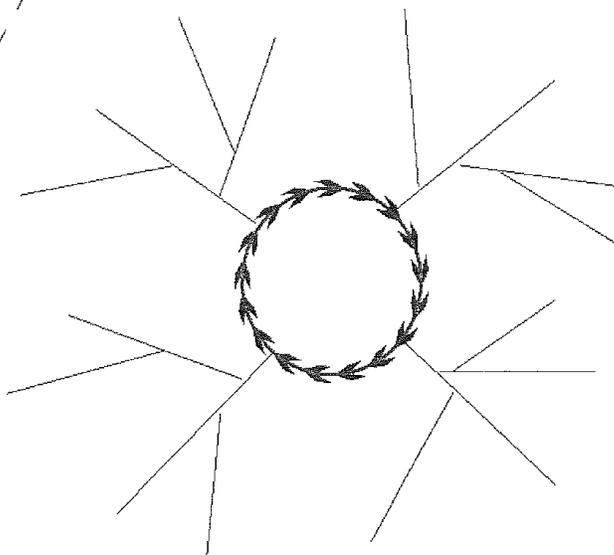
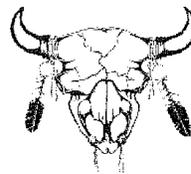
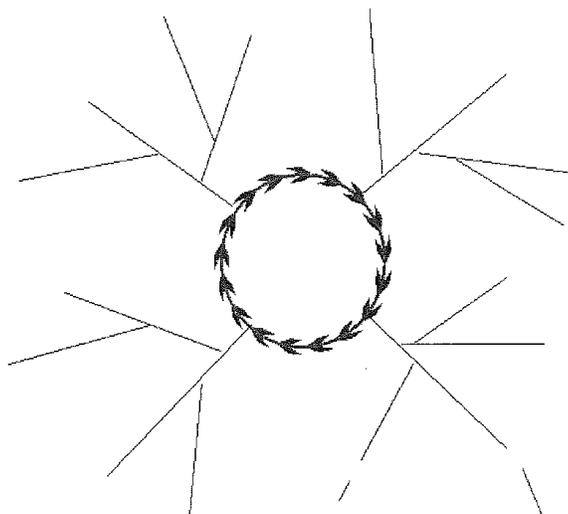


STEP SIX
Facing the South
"Finding Yourself"
(Mind mapping)



Vision for character defects

For each major defect map out a description of what life would look like if you did not have the problem.



(c) 2010 Coyhis Publishing, Inc. 1-866-518-5275 www.coyhispublishing.com



Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 32 - Step Seven

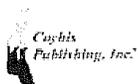
Week-to-Week Workbook Assignments

- Read **pg. 76 in the AA Big Book**
- Read **Ch. 8 & stories on pgs. 220-245 in RRWB.**
- Complete **“Step Seven”** exercise.
- Complete **“Reading Essays”** exercise.
- Complete **Weekly Counseling Journal.**
- Complete **Weekly Sit Spot Journal.**



STEP SEVEN

We humbly ask a Higher Power and
our friends to help us change.



(c) 2010 Coyhis Publishing, Inc. 1-866-518-5275 www.coyhispublishing.com



69



STEP SEVEN

Facing the West

"FINDING YOUR RELATIONSHIP WITH OTHERS"

We humbly ask a higher power and our friends to help us change.

Principle: Humility

Reading:

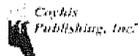
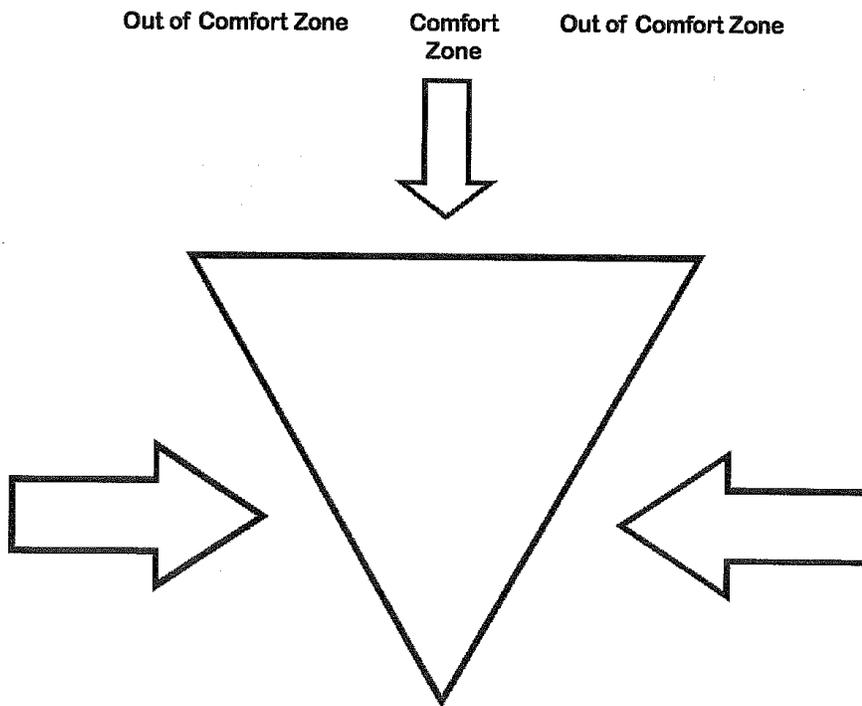
Big Book: p. 76

RRWB: Chapter 8, pps. 82-96; Stories, pps. 220-245

Look at your list of character defects you created from Step Six.

We all have a self-regulator inside of us that can be called a "comfort zone". Our Comfort zone corresponds to our current self-image in any particular area of our life.

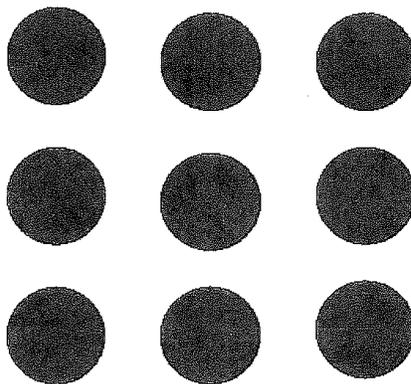
Our comfort zone acts as a regulating mechanism much like a thermostat controls room temperature.



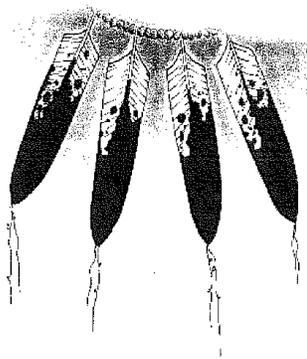
(c) 2010 Coyhis Publishing, Inc. 1-866-518-5275 www.coyhispublishing.com



STEP SEVEN
Facing the West
"FINDING YOUR RELATIONSHIP WITH OTHERS"



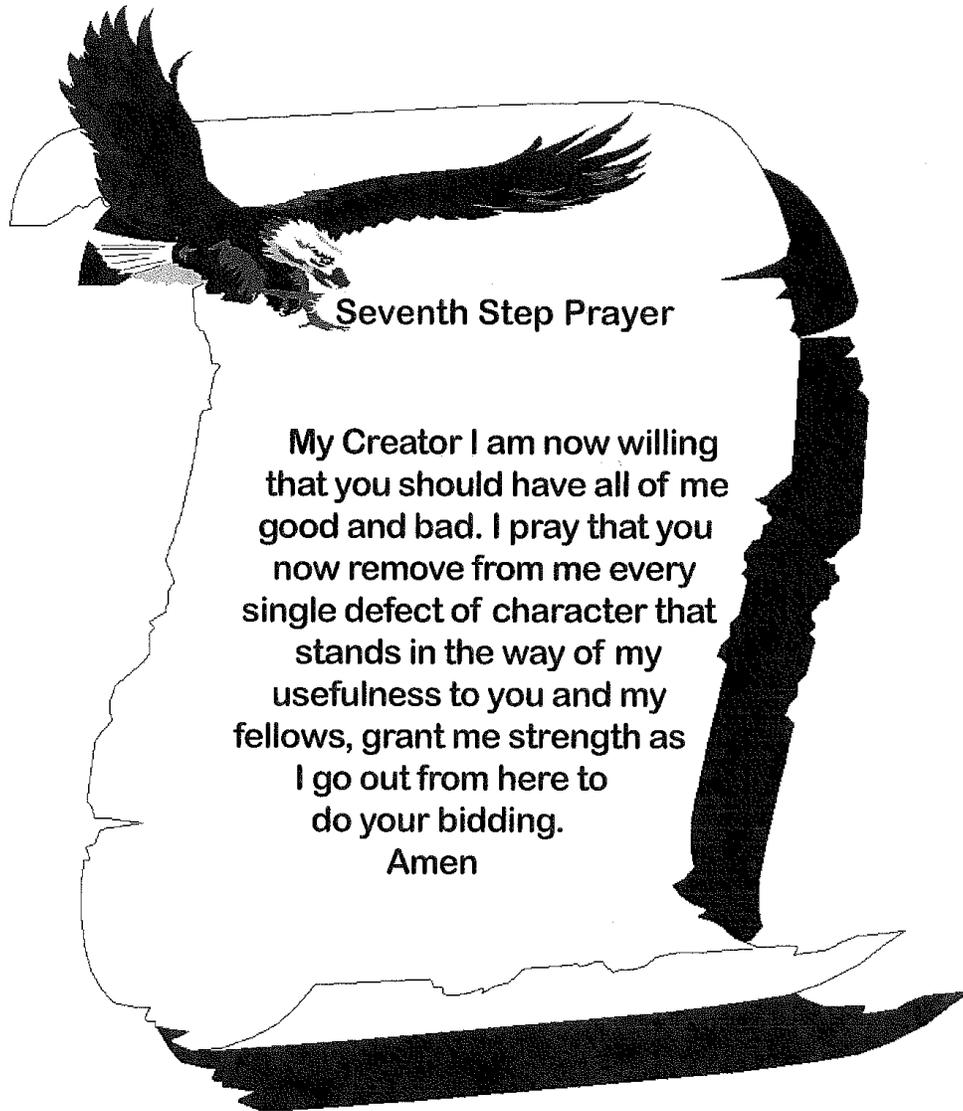
Connect all 9 dots without lifting your pencil off of the paper!



STEP SEVEN

Facing the West

"FINDING YOUR RELATIONSHIP WITH OTHERS"



Seventh Step Prayer

**My Creator I am now willing
that you should have all of me
good and bad. I pray that you
now remove from me every
single defect of character that
stands in the way of my
usefulness to you and my
fellows, grant me strength as
I go out from here to
do your bidding.**

Amen

Reading Essays

How did you relate to the following readings?

1. pg. 76 in the AA Big Book

2. Ch. 8 & stories on pgs. 220-245 in RRWB

What new insight did you gain from the following readings?

1. pg. 76 in the AA Big Book

2. Ch. 8 & stories on pgs. 220-245 in RRWB

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 33 – Sobriety Maintenance Techniques

Week-to-Week Workbook Assignments

- Read Relapse Prevention Techniques from “**Alcoholrehab**”
- Complete **Weekly Counseling Journal**
- Complete **Weekly Sit Spot Journal**

Daily Inventory

1. What was the quality of the judgments I made today?
2. Did anything threaten my sobriety today? What?
3. What specific work did I do on my sobriety today (attending meetings, doing meditations, reading AA materials, etc.)?
4. Did I feel my attitude toward recovery was constructive today?
5. Was I honest in all my dealings?
6. Have I been fair in all my interactions with others? Were there situations today where I was wrong or unreasonable? Did I make amends?
7. What good things happened? How did I react to them?
8. Did any bad things happen? What were they? How did I react?
9. What would I have done differently today?

Drink Refusal Skills for Alcoholics

Being offered a drink is common in social situations. For recovering alcoholics, developing refusal strategies that allow them to enter social situations without giving into the temptation to drink is an essential part of remaining sober.

Avoiding bars and drinking friends is an important part of avoiding relapse, but it is not always enough. Anything from a wedding toast to a casual offer to have a drink can produce a high level of temptation and the potential for relapse. Being able to refuse a drink when it is offered requires more than a simple decision to quit drinking. Modeling tempting situations and practicing refusal skills can help recovering alcoholics avoid relapse when these situations arise.

Avoid High-Risk Situations

An essential part of successfully refusing drinks is avoiding situations where the temptation to drink is present. Some high-risk environments, such as bars and parties, are obvious. Others are more dependent on the individual. When working with recovering alcoholics, addiction counselors will try to help the person identify the situations that trigger drinking.

Simply identifying these situations can help to prevent relapse. Doing so helps the person in recovery establish strategies that they can use when the situation occurs. Beyond this, adopting a more objective perspective and acknowledging that certain situations come with higher risk can help to lessen the temptation when the situation occurs.

Common Drink Refusal Techniques

Regardless of how careful a person is, it is nearly impossible to avoid all social environments in which alcohol is present. For these situations, recovering alcoholics can practice techniques for refusing drink offers. Many times, a convincing “no” is all it takes, but it is important to plan for more aggressive offers. These are some of the most effective strategies for drink refusal:

Being Clear and Assertive

One of the most important aspects of drink refusal is speaking clearly and firmly without hesitating. While turning down the offer to drink, it helps to make direct eye contact with the person making the offer.

It is also wise to avoid making long and drawn-out excuses when turning down a drink. There may be a temptation to talk around the fact that drinking is strictly out of the question. For example, some find that saying “Not right now” or “Maybe another time” is easier than a succinct “No thanks.” However, answers like this give the impression that drinking is something that the person in recovery is open to. It may even imply to the person making the offer that they only need to be a bit more persuasive. Conversely, a clear and simple “I don’t drink” without any caveats is harder to maneuver around.

Suggesting Alternatives to Drinking

In some cases, it may help to present an alternative to having a drink. When meeting up with friends or colleagues, this could mean suggesting a venue that does not serve or actively promote alcohol. In a situation where people may be sharing drinks, such as a bottle of wine in a restaurant, suggesting a non-alcoholic alternative may be in order.

Changing the Subject

Similar to suggesting an alternative to drinking, a person in recovery may need to suggest an alternate topic of discussion. Some people can be pushy when trying to convince others to drink with them. A quick and assertive “No thanks” followed by a shift in conversation may be enough to move beyond the drink in question.

Recruiting Help from Others

There are times when the person offering the drink simply refuses to back down. They may be slow to realize that there are well-grounded reasons for the refusal. In this case, it can be appropriate to ask for this person’s support in remaining sober. Simply stating quickly and clearly that drinking is strictly out of the question and then asking them to stop offering should be enough. At this point, it will probably become clear to them that their repeated offers have the potential to do harm.

If the person making the offer continues to insist, then making an excuse or even walking away may be necessary.



Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 34 – Maintaining Sobriety-Relapse Prevention Techniques

Week-to-Week Workbook Assignments

- Read **Alcoholrehab** article on **Relapse Prevention Techniques**
- Complete **Weekly Counseling Journal**
- Complete **Weekly Sit Spot Journal**

Relapse Prevention Techniques

The Risk of Relapse

Many individuals who make it into addiction recovery will relapse within the first few months. This is why there is so much emphasis put on providing relapse prevention techniques to those who are new in recovery. A return to addiction can mean years more of additional suffering. Some individuals will never have another opportunity to quit, and may die as a result of their addiction. By focusing on prevention, the risk of relapse can be greatly reduced.

The Causes of Relapse

It can be hard to understand why an addict would choose to return to their addiction. These individuals will be getting their life back together and should already be experiencing some of the benefits of sobriety. Those who do relapse may be full of remorse. However, there is no guarantee that they will be able to stop again anytime soon. They will usually be unable to provide a justifiable reason for why they decided to return to substance abuse.

Those who fail to adjust to life in sobriety are the most likely to relapse. The individual needs to make more changes to their life than just putting down the alcohol or drugs. These changes will be part of an ongoing process. However, people can get stuck and fail to progress. Those who are not moving forward in recovery can become disillusioned, and therefore more likely to return to addiction. In many cases, the relapse could have been avoided if the individual made use of prevention techniques.

Types of Relapse Prevention Techniques

Relapse prevention techniques include any tool that can be used to avoid a return to substance abuse. The causes of relapse can be broken down into categories. Prevention techniques have been developed to combat each of these. The three categories of relapse causes are:

- * *Emotional causes*, where the individual returns to addiction because they cannot cope with their thoughts and emotions.
- * The individual may develop *unhealthy patterns of behavior*, and this makes them more prone to relapse.
- * *External situations* can also increase the likelihood of a relapse. An example of this is when the individual continues to spend a lot of time with substance abusers.

Relapse Triggers

Different triggers have been identified as possible precursors for relapse. By identifying these triggers, it has become possible to develop prevention techniques which can be used to combat each of them. The most common relapse triggers include:

- * The individual can experience *overconfidence*. This can mean that they are not prepared when things get hard.
- * Life in recovery can take a bit of getting used and some people may experience periods of *self-pity*. This is a dangerous emotion because it can sap motivation.
- * Those people who have *unrealistic expectations* can become disappointed.
- * If the individual behaves dishonestly, it can lead them right back to addiction.
- * Occasionally, people in recovery will experience periods of *depression*. This can take a lot of the satisfaction out of sobriety.
- * Those who continue other types of substance abuse will be increasing their chances of relapse.
- * Taking recovery for granted leads to *complacency*. This then means that the individual is no longer doing those things they need to do in order to remain sober.

Prevention at the Different Stages of Relapse

There are also prevention techniques that are suitable for the different stages of a relapse. It is possible to break this down into three stages:

- * During the *emotional stage* the individual will be struggling with recovery, but not actually thinking about a return to substance abuse. The most appropriate relapse prevention tools here would be those that can restore emotional equilibrium.
- * During the *mental stage* of relapse, the person is thinking about drinking or using drugs again. The urge to return to addiction can be strong. Various techniques are needed to combat this before it is too late.
- * All is not lost at the *relapse stage*. If the individual has the right resources, they may be able to return to the recovery path right away.

The Relapse Prevention Toolbox

It can be helpful to think of relapse prevention techniques as items in a toolbox. The more tools the individual has in the toolbox, the more likely they will be to have the right tool when the need arises. The early months and years in recovery tend to be full of unexpected twists and turns. Preparation can make the journey a lot smoother. The individual can learn to spot the different relapses triggers and use the right tool to get them back on track.

There are many possibilities about what the individual can include in their relapse prevention toolbox. Some of the more common tools include:

- * *12 Step meetings* are a good option because attendance can provide the individual with support as well as new strategies. This type of group can be of value at almost any stage of the relapse process.
- * *Counseling sessions* can help the individual commit to continued development in recovery. Putting down drink or drugs is usually not enough by itself to make life fully satisfying.
- * *Meditation techniques* can be useful for dealing with emotional upheaval in recovery. This does not have to be a sitting practice but could be something such as Tai Chi or yoga.
- * *Group therapy sessions* can be a venue for problem solving and support.
- * *Sponsorship* is popular in groups like AA. This means that the newly sober person benefits from the knowledge of someone who has more experience in recovery. The sponsor is a good resource to turn to when things get difficult.
- * *Exercise* is good for burning off excess energy and improving physical as well mental health. Those who are new to recovery can overdo it with exercise, but it is a good technique when done in moderation.
- * *Hobbies* are important as a source of stress relief. It is vital that people in recovery find new interests to fill up the time they spend drinking or doing drugs.
- * *Writing* and journal-keeping can be a useful tool in recovery. It is often claimed that problems seem more manageable when they are written down and not just floating around in the individual's head. Reading back on old entries in a journal can increase motivation by reminding the individual of how far they have come.
- * *Booster sessions* are provided by some rehabs to ex-patients. These are well worth attending because they allow the individual to learn new relapse prevention techniques. The sessions are also useful for reinvigorating motivation.



Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 35 – Sunset Fire

We made a decision to turn our will and our lives over to the care of God, as we understood Him.”

Week-to-Week Workbook Assignments

- Arrange a day to complete your **Sunset Fire**.
- Complete **Sunset Fire Reflections** exercise.
- Complete **Weekly Counseling Journal**.
- Complete **Weekly Sit Spot Journal**.

Instructions on Sunset Fire

1. Make an appointment with an elder to sit with you during your meditation. Offer him/her tobacco when you request his/her help.
2. Choose a private spot to have your meditation.
3. Start Fire with the tools that you earned (Flint, Steel, Birch bark).
4. Use the time to reflect on your experience in the WMDCP.
5. When questions arise, offer tobacco to the elder for advice.

Sunset Fire Reflections

6. Who will help you maintain your fire? How will they help you?

7. How will you maintain the fire of recovery and a healthy lifestyle?

8. What makes your fire burn?

9. When the fire is hot and we are warm what will we do to remember that the fire will go out if we don't maintain it?

10. After 35 weeks in the WMDCP, How do you think the Fire Metaphor pertains to your life?

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

Week 36 – Sobriety Maintenance Presentation

Week-to-Week Workbook Assignments

- Complete **Sobriety Maintenance** exercise and review with counselor.
- Briefly **share about your planned sobriety maintenance** at your WMDCP Hearing.
- Complete **Weekly Counseling Journal**
- Complete **Weekly Sit Spot Journal**

Sobriety Maintenance (reduce decisions that cause negative consequences)

List the five risky situations that could most likely trigger a relapse. (These relapse cues could be sights, sounds, people, places, attitudes, social situations, etc.)

1.

2.

3.

4.

5.

For each risky situation listed above answer the following questions.

Situation # 1 _____

1. During this situation what are your thoughts? Are these thoughts rational?
2. During this situation what feelings do you experience?
3. During this situation are there any physical symptoms?
4. Describe the typical surroundings when you are in this situation?

5. Knowing these warning signs, do you believe you would be able to recognize when you are in this risky situation.
6. If you discover that you are in this risky situation and you feel the relapse cues coming on, what will you do to interrupt a relapse? (List three things)
7. What are three things you can do to prevent yourself from being in this situation?
 - a.
 - b.
 - c.

Situation # 2 _____

1. During this situation what are your thoughts? Are these thoughts rational?
2. During this situation what feelings do you experience?
3. During this situation are there any physical symptoms?
4. Describe the typical surroundings when you are in this situation?
5. Knowing these warning signs, do you believe you would be able to recognize when you are in this risky situation.
6. If you discover that you are in this risky situation and you feel the relapse cues coming on, what will you do to interrupt a relapse? (List three things)
7. What are three things you could do to prevent yourself from being in this situation?
 - a.
 - b.
 - c.

Situation # 3 _____

1. During this situation what are your thoughts? Are these thoughts rational?
2. During this situation what feelings do you experience?
3. During this situation are there any physical symptoms?
4. Describe the typical surroundings when you are in this situation?
5. Knowing these warning signs, do you believe you would be able to recognize when you are in this risky situation.
6. If you discover that you are in this risky situation and you feel the relapse cues coming on, what will you do to interrupt a relapse? (List three things)
7. What are three things you could do to prevent yourself from being in this situation?
 - a.
 - b.
 - c.

Situation # 4 _____

1. During this situation what are your thoughts? Are these thoughts rational?
2. During this situation what feelings do you experience?
3. During this situation are there any physical symptoms?
4. Describe the typical surroundings when you are in this situation?

5. Knowing these warning signs, do you believe you would be able to recognize when you are in this risky situation.
6. If you discover that you are in this risky situation and you feel the relapse cues coming on, what will you do to interrupt a relapse? (List three things)
7. What are three things you could do to prevent yourself from being in this situation?
 - a.
 - b.
 - c.

Situation # 5 _____

1. During this situation what are your thoughts? Are these thoughts rational?
2. During this situation what feelings do you experience?
3. During this situation are there any physical symptoms?
4. Describe the typical surroundings when you are in this situation?
5. Knowing these warning signs, do you believe you would be able to recognize when you are in this risky situation.
6. If you discover that you are in this risky situation and you feel the relapse cues coming on, what will you do to interrupt a relapse? (List three things)
7. What are three things you could do to prevent yourself from being in this situation?
 - a.
 - b.
 - c.

Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Your Important Thoughts:

Conclusion of Phase Three